

## Food

### Pizza Roll Ups

- 2 cups shredded mozzarella cheese (8 oz)
- 1 1/4 cups pizza sauce
- 2 cans crescent rolls
- 3 oz pepperoni slices (about 42 slices)

### Topping

- 1 tablespoon butter, melted
- 1 tablespoon grated Parmesan cheese
- 1/4 teaspoon Italian seasoning

### Directions:

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1. Heat oven to 375. Spray baking pan with cooking spray. In medium bowl, mix cheese and 1/2 cup sauce.
  2. Unroll 1 can of down - shape into rectangle. Press to seal perforated edges. Place half cheese mixture onto the bottom and top with half the pepperoni.
  3. Starting on the short end of the rectangle, roll up tightly and pinch the seam. Repeat this process with remaining rolls, sauce, cheese and pepperoni.
  4. Using serrated knife, carefully cut each roll into slices approximately 1 inch wide. Arrange on baking sheet.
  5. In small bowl, mix melted butter, parmesan cheese, and Italian seasonings. Brush tops of "roll ups."
  6. Bake 23-27 minutes or until golden brown. Cool 10 minutes. Serve with remaining pizza sauce.
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Nutrition facts: 240 Calories, 14g Total Fat, 9g Protein, 19g Total Carbohydrate, 5g Sugars

## Fun and Family

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Go for a walk. You can walk around your neighborhood or walk around town. Going for a walk as a family is always fun!

